

L I V E S T R O N GSM.COM
THE LIMITLESS POTENTIAL OF YOU

Lose 25% more weight! Start now >

[FOOD](#) | [FITNESS](#) | [HEALTH](#) | [WEIGHT LOSS](#) | [LIFESTYLE](#) | [TRACK CALORIES](#) | [COMMUNITY](#) | [BLOGS](#)

S e a

WHAT'S HOT: [Outdoor 101](#) | [Allergy Center](#) | [Power Foods: Eggs](#) | [One Great Answer](#)[✉](#) Sign up for our Newsletter!

Introducing
The Beautyrest® Recharge™ Sleep System

Learn more >



LIVING LIFE FULLY CHARGED™

[Home](#) / [Living Well](#) / [Self Help](#) / [Positive Thinking](#) / 5 Things You Need To Know About Spirituality

5 THINGS YOU NEED TO KNOW ABOUT SPIRITUALITY.

Apr 26, 2011 | By Susan Faulk

1 COMMENTS

[f](#) Like

7

[Send](#)[T](#) Tweet

0

1. THE SECRETS TO A SPIRITUAL LIFE

Spirituality is a state of being, a vibration, a demeanor, a deep sense of who you are. Even though many world religions and spiritual groups define spirituality differently, there are common threads interwoven between them. Some of these are honesty, kindness, reverence and sensitivity. Spirituality also is intuitive and searches the soul for right decisions. A spiritual person knows life is a gift and strives to give back by using her talents and skills to uplift life. The spiritual person strives to live her life to full potential, using and growing her gifts and talents.

Mike & Molly Season 2 Watch Mike and Molly Get Married! Order Your Copy on DVD Today. www.wbshop.com
Sponsored Links

2. TOOLS OF SPIRITUALITY: MEDITATION, MANTRA AND PRAYER

Spirituality is recognizable by its inner sense and intuition. One of the ways you can get in touch with deeper levels of your being is by quieting the outside. Meditation, mantra and prayers are tools that can

Can Mind Heal Body?

If You Truly Want to Heal Yourself
Download This Free Healing Exercise
SilvaMindBodyHealing.com

Click to Start

advertisement

put you in touch with the inner self. Discipline of thought and expansion of good emotion comes with prayer and meditation. Mantras help anchor the prayer or meditation by bringing the intangible thoughts closer to the physical by the spoken word.

3. DIET FOR QUALITY AND A SENSE OF WELL BEING

Eating food that nourishes, cleanses and strengthens the cells and atoms of the body will make you feel holier and more spiritually anchored. Good food and its preparation by you can add quality and years to your life. Start with pure water. Cut out sugar and refined flour. Make the study of nutrition and health a lifelong activity. Make right decisions about the foods you put in your body. Start with organic, free-range and non-hormone meats. Listen to those more knowledgeable than yourself, do your best and keep learning.

4. HAVE THE RIGHT LIVELIHOOD FOR CONFIDENCE AND SELF ASSURANCE

One of the Buddha's Eight Precepts is Right Livelihood. Participate in constructive work and activity. You will gain a sense of accomplishment, and a healthy self-satisfaction. Certain jobs are more suited for a spiritual life than other jobs. Choose work that you love. We all need to work. Make it purposeful. Learn, grow and help others by leading a constructive, positive life doing work that uplifts, helps, beautifies, purges and loves the planet, those around you, and yourself.

5. IT'S FOR ANYONE

From Taoism, to Hinduism, to Christianity, to Buddhism and other major religions, to smaller spiritual groups to the spiritual loner; all can attain the summit. All people, no matter their affiliation or non-affiliation, can lead a spiritual life. For some the structure of a religion with priests and nuns can help them stay on the path of spirituality. Others may find New Age groups, metaphysical and yoga societies more helpful in the trek. And still, the spiritual disciple who owns a strong conscience and self-discipline may be able to forge ahead alone (all-one) on the spiritual path.

Keen Psychic Reading Free 3-Minute Psychic Reading. Your Satisfaction Is Guaranteed. www.Keen.com/Psychic

Create an Exercise Plan Build a Custom Plan Here Based on Your Goals and Favorite Activities. merckengage.com

Become a Life Coach Anthony Robbins & Cloé Madanes Free 5 hrs Video, Sign up Now! RobbinsMadanesTraining.com

Ready to Heal Yourself? If You Truly Want to Heal Yourself Download This Free Healing Exercise www.SilvaMind.com

Sponsored Links

RELATED SEARCHES:

[Spirituality](#)

[Spiritual Meditation](#)

[Meditation Spirituality](#)

[Mantra Meditation](#)

[Spiritual Gifts](#)

People Are Reading

Related Topics



[Diet & Spirituality](#)



[Effects of Spirituality on Cancer Patients](#)



[Children & Spiritual Development](#)



[Drug Treatment and Spirituality](#)



[Spiritual Ways to Overcome Anxiety](#)



[Spiritual Things to Do in NYC](#)

Last updated on: Apr 26, 2011

1 COMMENTS



7



0

TRENDING NOW



How Can I Sleep Better With Chronic Pain? (video)
(HealthGuru.com)



What's the Future for Best Buy? (Profit Confidential)



Tips on Mentoring Troubled Boys



How to Teach Goal Setting

What's this?

RELATED SEARCHES:

[Meditation Techniques](#), [Meditation in Buddhism](#), [Meditation and Spirituality](#), [A Spiritual Healing](#), [Children Spirituality](#)

MUST SEE: SLIDESHOWS & VIDEO



What Is the Goal in Meditation?



How to Find Single Men Who Are Very Spiritual



Khalsa & Meditation



Spiritual Ways to Lose Weight



5 Things You Need to Know About Yoga Meditation



5 Things You Need to Know About Religion and Parenting

[more](#)

LIVING WELL TOOLS





[How To Avoid Exercise-Related Breakouts](#)



[LIVESTRONG.COM Original Video](#)



[The 29 Hardest Abs Exercises](#)



[MyPlate](#)



[MyPlate D](#)



[Target Heart](#)



[BMI Calculator](#)



[Quit Smoking](#)



[Loops](#)



[Fitness Tracker](#)

MEMBER COMMENTS



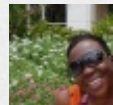
Add a comment...



Mz Spice

good info...

[Reply](#) · [Like](#) · January 7 at 12:21pm



Mz Spice

Alicen Wonderland [Blaise InFitness](#) Peter Frederick Phyllis F-Baby P [Jillian Fleury](#) Laurie Haz

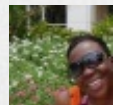
[Reply](#) · [Like](#) · January 7 at 7:09pm



Mz Spice

just felt like sharing this little article you guyz...smooches!!

[Reply](#) · [Like](#) · January 7 at 7:10pm



Mz Spice

Danka St.Hilaire Christi-lyn Burton just felt like sharing ..you guys..

[Reply](#) · [Like](#) · January 7 at 7:11pm



Facebook social plugin

advertisement



athena01 January 8

What a short but profound article on the Way and the Light.
Namaste.

FOOD FITNESS HEALTH WEIGHT LOSS LIFESTYLE TRACK CALORIES COMMUNITY BLOGS

L I V E S T R O N G™.COM

SIGN-UP FOR OUR NEWSLETTER

Get the latest tips on diet, exercise and healthy living.

Add Me

Your email is safe with us. We hate spam too!

ABOUT

BLOG

CONTACT US & FAQ

ADVERTISE WITH US

PRESS

SITEMAP

Copyright © 2012 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM [Terms of Use](#) and [Privacy Policy](#). The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation. The Lance Armstrong Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies. [Ad Choices](#)



